

List of Activities

P **Zizyphus spina-christi**

Common name(s)

Syrian Christ-Thorn

How used

Food

*Unless otherwise noted all references are to Duke, James A. 1992. Handbook of phytochemical constituents of GRAS herbs and other economic plants. Boca Raton, FL. CRC Press.

Activity	Reference
Acidulant	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Chemicals (1)	
ASCORBIC-ACID FEMA 6,000	
Aldose-Reductase-Inhibitor	
	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reservse insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Chemicals (1)	
ASCORBIC-ACID	
Allergenic	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Chemicals (2)	
BETA-CAROTENE	
NIACIN	
Analgesic	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Chemicals (2)	
ASCORBIC-ACID 5-10 g/day	
THIAMIN 1-4 g/day	
Androgenic	
Chemicals (1)	
BETA-SITOSTEROL	
Androgenic?	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Chemicals (1)	
BETA-CAROTENE	
Angiogenic	
Chemicals (1)	
BETA-SITOSTEROL	
Angiotensin-Receptor-Blocker	
Chemicals (2)	
ASCORBIC-ACID	
POTASSIUM	
Anorexic	Martindale's 28th

Chemicals (1)

BETA-SITOSTEROL

Anthelmintic

Chemicals (1)

BETULINIC-ACID

Antiacne

Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Chemicals (1)

BETA-CAROTENE

Antiacrodynic

Chemicals (1)

NIACIN

Antiadenomic

Merck 11th Edition

Chemicals (1)

BETA-SITOSTEROL

AntiAGE

Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reverse insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95

Chemicals (1)

ASCORBIC-ACID 2,000 mg/day

Antiaggregant

Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reverse insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95

Chemicals (1)

ASCORBIC-ACID

Antiaging

Chemicals (2)

ASCORBIC-ACID 400 mg/day

BETA-CAROTENE

Antiakathisic

Martindale's 29th

Chemicals (1)

IRON

Antialcoholic

Chemicals (1)

THIAMIN 50-100 mg/day

Antiallergic

Chemicals (3)

ASCORBIC-ACID

CALCIUM 500 mg/day

NIACIN 50 mg/2x/day

Antialzheimeran

Chemicals (3)

ASCORBIC-ACID 2,000-6,000 mg/day

NIACIN

THIAMIN 100-3,000 mg/day

Antiambyopic

Chemicals (1)

NIACIN

Antiandrogenic Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. *Journal of Ethnopharmacology*, 28: 221-234, 1990.

Chemicals (1)

BETA-SITOSTEROL

Antianemic Martindale's 29th

Chemicals (1)

IRON

Antianginal

Chemicals (1)

NIACIN

Antianorectic Jeffery B. Harborne and H. Baxter, eds. 1983. *Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants*. Taylor & Frost, London. 791 pp.

Chemicals (1)

THIAMIN

Antianxiety Davies, S., and Stewart, A. 1990. *Nutritional Medicine*. Avon Books, New York. 509pp.

Chemicals (1)

CALCIUM

Antiarabiflavinotic Martindale's 28th

Chemicals (1)

RIBOFLAVIN 2-10 mg/day orl

Antiarrhythmic Davies, S., and Stewart, A. 1990. *Nutritional Medicine*. Avon Books, New York. 509pp.

Chemicals (2)

CALCIUM 500-1,500 mg

POTASSIUM

Antiarthritic

Chemicals (3)

ASCORBIC-ACID 0.2-1 g/day

BETA-CAROTENE

CALCIUM 1,000 mg/day

Antiasthmatic Werbach, M. 1993. *Healing with Food*. Harper Collins, New York, 443 pp.

Chemicals (2)

ASCORBIC-ACID 1,000 mg/day

BETA-CAROTENE

Antiatherosclerotic

Chemicals (2)

ASCORBIC-ACID

CALCIUM 500 mg/day

Antibackache Werbach, M. 1993. *Healing with Food*. Harper Collins, New York, 443 pp.

Chemicals (1)

THIAMIN 1-4 g/day

Antibacterial

Chemicals (4)

AMPHIBINE
ASCORBIC-ACID
BETA-SITOSTEROL
BETULINIC-ACID

Antiberiberi

Chemicals (1)

THIAMIN

Anticancer Jeffery B. Harborne and H. Baxter, eds. 1983. *Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.* Taylor & Frost, London. 791 pp.

Chemicals (2)

BETA-CAROTENE
BETULINIC-ACID

Anticancer (Breast) Madhavi, D. L., Bomser, J., Smith, M., Singletary, K. 1998. Isolation of Bioactive Constituents from *Vaccinium myrtillus* (Bilberry) Fruits and Cell Cultures. *Plant Sci.*, 131(1): 95-103.

Chemicals (1)

BETA-SITOSTEROL

Anticancer (Cervix)

Chemicals (1)

BETA-SITOSTEROL

Anticancer (Lung)

Chemicals (1)

BETA-SITOSTEROL

Anticancer

Chemicals (2)

IRON
THIAMIN

Anticarcinomic Pizzorno, J.E. and Murray, M.T. 1985. *A Textbook of Natural Medicine.* John Bastyr College Publications, Seattle, Washington (Looseleaf).

Chemicals (2)

BETA-CAROTENE
BETULINIC-ACID

Anticardiospasmic

Chemicals (1)

THIAMIN

Anticarpal-Tunnel Werbach, M. 1993. *Healing with Food.* Harper Collins, New York, 443 pp.

Chemicals (1)

RIBOFLAVIN 50 mg/day

Anticataract Challerm, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. *Syndrome X - The complete nutritional program to prevent and reverse insulin resistance.* John Wiley & Sons, New York. 272 pp. \$24.95

Chemicals (4)

ASCORBIC-ACID 350 mg/day
NIACIN
RIBOFLAVIN 15 mg/day
THIAMIN

Anticephalagic

Chemicals (1)

RIBOFLAVIN

Anticervicaldysplastic

Chemicals (3)

ASCORBIC-ACID 1,000-2,000 mg/day

BETA-CAROTENE

RIBOFLAVIN 1.6-10 mg/day

AntiCFS

Chemicals (1)

ASCORBIC-ACID 500-1,000 mg

Anticheilitic

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (2)

IRON

RIBOFLAVIN

Antichilblain

Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.

Chemicals (1)

NIACIN

Anticlimacteric

Chemicals (2)

ASCORBIC-ACID 500-5,000 mg/day

CALCIUM 1,000-1,500 mg/day

Anticold

Chemicals (1)

ASCORBIC-ACID 1-2 g/man/day

Anticolic

Chemicals (1)

THIAMIN

Anticonvulsant

Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (1)

NIACIN 3 g/day

Anticorony

Chemicals (1)

BETA-CAROTENE 50 mg/man/2 days

AntiCrohn's

Martindale's 29th

Chemicals (1)

ASCORBIC-ACID 50-100 mg/day/orl/man

AntiCTS

Chemicals (1)

ASCORBIC-ACID 1,000 mg 3x/day

Antidecubitic

Chemicals (3)

ASCORBIC-ACID 500 mg/man/2x/day

RIBOFLAVIN

THIAMIN

Antideliriant

Chemicals (1)

THIAMIN

Antidementia

Chemicals (3)

ASCORBIC-ACID

NIACIN

THIAMIN

Antidepressant

Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (3)

ASCORBIC-ACID 2,000 mg/day

CALCIUM

POTASSIUM

Antidermatitic

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (1)

NIACIN

Antidiabetic

Chemicals (2)

ASCORBIC-ACID

NIACIN

Antidote (Aluminum)

Economic & Medicinal Plant Research, 6: 189.

Chemicals (2)

ASCORBIC-ACID

CALCIUM

Antidote (Cadmium)

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (1)

ASCORBIC-ACID

Antidote (Lead)

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (2)

ASCORBIC-ACID

CALCIUM

Antidote (Paraquat)

Martindale's 28th

Chemicals (1)

ASCORBIC-ACID

Antidyspeptic

Chemicals (1)

THIAMIN

Antidysphagic

Chemicals (1)

NIACIN

Antieczemic

Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (1)

ASCORBIC-ACID 3.5-5 g/day

Antiedemic

Chemicals (3)

ASCORBIC-ACID 1 g/man/day

BETA-SITOSTEROL IC₅₀=320 mg/kg orl

BETULINIC-ACID

Antinecephalitic

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (1)

ASCORBIC-ACID

Antinecephalopathic

Martindale's 29th

Chemicals (1)

THIAMIN

Antiendometriotic

Chemicals (1)

ASCORBIC-ACID 2,000 mg/day

Antiepileptic

Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (1)

NIACIN 3 g/day

Antiestrogenic

Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. Journal of Ethnopharmacology, 28: 221-234, 1990.

Chemicals (1)

BETA-SITOSTEROL

Antifatigue

Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.

Chemicals (3)

ASCORBIC-ACID 500-1,000 mg

POTASSIUM

THIAMIN

Antifeedant

Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.

Chemicals (1)

BETA-SITOSTEROL

Antifertility

Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. Journal of Ethnopharmacology, 28: 221-234, 1990.

Chemicals (1)

BETA-SITOSTEROL

Antifibrotic

Chemicals (1)

ASCORBIC-ACID 1,000-2,000 mg

Antigallstone

Chemicals (1)

ASCORBIC-ACID 1,000-3,000 mg/day

Antigastritic	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
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Chemicals (2)

ASCORBIC-ACID

THIAMIN

Antigingivitic

Chemicals (1)

ASCORBIC-ACID

Antiglaucomic	Werbach, M. 1993. <i>Healing with Food.</i> Harper Collins, New York, 443 pp.
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Chemicals (1)

ASCORBIC-ACID 2 g/day

Antiglossitic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine.</i> Avon Books, New York. 509pp.
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Chemicals (1)

RIBOFLAVIN

Antigonadotrophic	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. <i>Journal of Ethnopharmacology,</i> 28: 221-234, 1990.
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Chemicals (1)

BETA-SITOSTEROL

Antihangover

Chemicals (3)

ASCORBIC-ACID 1,000 mg

NIACIN 50 mg

THIAMIN 50 mg

Antiheartburn

Chemicals (1)

THIAMIN

Antihemorrhagic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine.</i> Avon Books, New York. 509pp.
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Chemicals (1)

ASCORBIC-ACID 1 g/man/day

Antihepatitic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine.</i> Avon Books, New York. 509pp.
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Chemicals (1)

ASCORBIC-ACID 2-6 g/man/day

Antihepatotoxic	Economic & Medicinal Plant Research, 6: 189.
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Chemicals (1)

ASCORBIC-ACID

Antiherpetic

Chemicals (2)

ASCORBIC-ACID 1-5 g/day

THIAMIN

Antihistaminic	Werbach, M. 1993. <i>Healing with Food.</i> Harper Collins, New York, 443 pp.
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Chemicals (2)

ASCORBIC-ACID 2 g/day orl man
NIACIN 50 mg 2x/day

AntiHIV

Chemicals (1)

BETULINIC-ACID EC50=2.0 ug/ml

Antihyperactivity Werbach, M. 1993. *Healing with Food*. Harper Collins, New York, 443 pp.

Chemicals (1)

NIACIN 1.5-6 g/day

Antihyperkeratotic

Chemicals (1)

BETA-CAROTENE

Antihyperkinetic Davies, S., and Stewart, A. 1990. *Nutritional Medicine*. Avon Books, New York. 509pp.

Chemicals (1)

CALCIUM

Antihyperlipoproteinaemic Jeffery B. Harborne and H. Baxter, eds. 1983. *Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants*. Taylor & Frost, London. 791 pp.

Chemicals (1)

BETA-SITOSTEROL

Antihypertensive

Chemicals (3)

ASCORBIC-ACID
CALCIUM
POTASSIUM

Antiichthytic Pizzorno, J.E. and Murray, M.T. 1985. *A Textbook of Natural Medicine*. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Chemicals (1)

BETA-CAROTENE

Antiinfertility Werbach, M. 1993. *Healing with Food*. Harper Collins, New York, 443 pp.

Chemicals (1)

ASCORBIC-ACID 1 g/day

Antiinflammatory Recio, M., et al. 1994. Investigations on the Steroidal Anti-Inflammatory Activity of Triterpenoids from *Diospyros leucomelas**. *Planta Medica*, 61: 9.

Chemicals (3)

ASCORBIC-ACID
BETA-SITOSTEROL
BETULINIC-ACID

Antiinsomniac Davies, S., and Stewart, A. 1990. *Nutritional Medicine*. Avon Books, New York. 509pp.

Chemicals (1)

CALCIUM

Antiinsomnic Werbach, M. 1993. *Healing with Food*. Harper Collins, New York, 443 pp.

Chemicals (1)

NIACIN 1 g/day

Antikeratitic

Chemicals (1)

RIBOFLAVIN

Antilepric Martindale's 28th

Chemicals (1)

ASCORBIC-ACID 1.5 g/man/day

Antileukemic

Chemicals (2)

BETA-SITOSTEROL

BETULINIC-ACID

Antileukoplakic

Chemicals (1)

BETA-CAROTENE

Antilipoperoxidant

Chemicals (1)

BETA-CAROTENE IC71=50 ug/ml

Antilithic

Chemicals (1)

ASCORBIC-ACID 1,000-3,000 mg/day

Antilupus Martindale's 28th

Chemicals (1)

BETA-CAROTENE 150 mg/man/day/2 mos

AntiLyme

Chemicals (4)

ASCORBIC-ACID 500-2,000 mg

NIACIN 50 mg/day

RIBOFLAVIN 50 mg/day

THIAMIN 50 mg

Antilymphomeric

Chemicals (1)

BETA-SITOSTEROL

Antimaculitic

Chemicals (2)

ASCORBIC-ACID

BETA-CAROTENE

Antimalarial

Chemicals (1)

BETULINIC-ACID IC50=19-26 ug/ml

Antimastitic Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Chemicals (1)

BETA-CAROTENE

Antimeasles Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (1)

ASCORBIC-ACID

Antimelanomic

New York Times, 3/28/95.

Chemicals (1)

BETULINIC-ACID

AntiMeniere's

Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.

Chemicals (1)

NIACIN

Antimenopausal

Chemicals (2)

ASCORBIC-ACID 500-5,000 mg/day

CALCIUM 1,000-1,500 mg/day

Antimenorrhagic

Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Chemicals (1)

IRON 100 mg/day/wmn/orl

Antimigraine

Chemicals (3)

ASCORBIC-ACID

RIBOFLAVIN

THIAMIN

Antimutagenic

Economic & Medicinal Plant Research, 6: 235.

Chemicals (3)

ASCORBIC-ACID

BETA-CAROTENE

BETA-SITOSTEROL 250 ug/ml

Antimyocarditic

Chemicals (1)

THIAMIN

Antineuralogic

Chemicals (2)

NIACIN

THIAMIN 1-4 g/day

Antineuramidase

Chemicals (1)

ASCORBIC-ACID

Antineurasthenic

Chemicals (1)

THIAMIN

Antineuritic

Chemicals (1)

THIAMIN

Antineuropathic

Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (1)

THIAMIN 50 mg

Antinitrosic

Martindale's 28th

Chemicals (1)

ASCORBIC-ACID 1 g/man/day

Antinociceptive

Chemicals (1)

BETULINIC-ACID

Antibesity

Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (2)

ASCORBIC-ACID 1 g 3x/day

CALCIUM

Antiophidic

Economic & Medicinal Plant Research, 5: 363.

Chemicals (1)

BETA-SITOSTEROL 2.3 mg mus

Antiorchitic

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (1)

ASCORBIC-ACID

Antiosteoarthritic

Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (1)

ASCORBIC-ACID 1 g 2x/day

Antiosteoporotic

Chemicals (3)

ASCORBIC-ACID 500 mg/day

CALCIUM 500-2,000 mg/day

PHOSPHORUS

Antioxidant

Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Chemicals (4)

ASCORBIC-ACID 100 ppm

BETA-CAROTENE

BETA-SITOSTEROL IC₄₄=10 uM

RIBOFLAVIN

Antiozenic

Chemicals (1)

BETA-CAROTENE

Antipapillomic

Chemicals (1)

BETA-CAROTENE

Antiparkinsonian

Chemicals (2)

ASCORBIC-ACID 1 g 2-3x/day

NIACIN 100 mg/day

Antiparotitic

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (1)

ASCORBIC-ACID

Antipellagric

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (2)

NIACIN

RIBOFLAVIN

Antiperiodontitic

Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

Chemicals (2)

ASCORBIC-ACID 1 g 2x/day

CALCIUM 750 mg/day

Antiphotophobic

Martindale's 29th

Chemicals (2)

BETA-CAROTENE 30-300 mg/man/day

RIBOFLAVIN

Antipyriasic

Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Chemicals (1)

BETA-CAROTENE

Antiplasmodial

Chemicals (1)

BETULINIC-ACID IC50=19-26 ug/ml

AntiPMS

Chemicals (2)

BETA-CAROTENE

CALCIUM 1 g/day

Antipneumonic

Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Chemicals (1)

ASCORBIC-ACID

Antipodriac

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (1)

ASCORBIC-ACID

Antipoliomyelitic

Chemicals (2)

ASCORBIC-ACID

THIAMIN

Antiporphyric

Martindale's 28th

Chemicals (1)

BETA-CAROTENE 30-300 mg/man/day

Antiprogestational

Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. Journal of Ethnopharmacology, 28: 221-234, 1990.

Chemicals (1)

BETA-SITOSTEROL

Antiproliferant

Joseph, J., Nadeau, D. and Underwood, A. 2001. *The Color Code*. Hyperion, NY.

Chemicals (1)

BETA-CAROTENE

Antiprostaglandin

Chemicals (1)

BETA-SITOSTEROL 30 mg/day/12 wks

Antiprostatadenomic

Merck 11th Edition

Chemicals (1)

BETA-SITOSTEROL

Antiprostatic

Chemicals (1)

BETA-SITOSTEROL 10-20 mg 3 x/day/orl man

Antipsoriac

Pizzorno, J.E. and Murray, M.T. 1985. *A Textbook of Natural Medicine*. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Chemicals (1)

BETA-CAROTENE

Antipyretic

Neuwinger, H. D. 1996. *African Ethnobotany - Poisons and Drugs*. Chapman & Hall, New York. 941 pp.

Chemicals (2)

ASCORBIC-ACID

BETA-SITOSTEROL

Antiradicular

Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. *Syndrome X - The complete nutritional program to prevent and reverse insulin resistance*. John Wiley & Sons, New York. 272 pp. \$24.95

Chemicals (2)

ASCORBIC-ACID

BETA-CAROTENE

AntiRaynaud's

Chemicals (2)

ASCORBIC-ACID 500 mg 1-2x/day

NIACIN 1,500-4,000 mg/day

Antiretinotic

Chemicals (1)

ASCORBIC-ACID

Antirheumatic

Chemicals (3)

ASCORBIC-ACID

BETA-CAROTENE

CALCIUM 1,000 mg/day

Antirhinitic

Chemicals (1)

ASCORBIC-ACID 1,000 mg 3x/day

Antiscorbutic

Martindale's 28th

Chemicals (1)

ASCORBIC-ACID 10 mg/man/day

Chemicals (1)

NIACIN

Antiseptic Martindale's 28th

Chemicals (1)

ASCORBIC-ACID MIC=3.3-217 mg/ml

Antishingles Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (1)

ASCORBIC-ACID

Antispasmodic

Chemicals (3)

ASCORBIC-ACID 500-5,000 mg/day

NIACIN 100 mg 2x/day

POTASSIUM

Antistress Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (3)

ASCORBIC-ACID 500-1,000 mg

BETA-CAROTENE

CALCIUM 500-1,500 mg/day

Antistroke

Chemicals (1)

POTASSIUM

Antisyndrome-X Challlem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95

Chemicals (1)

ASCORBIC-ACID 1-4 g/day

Antitic Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (1)

CALCIUM

Antitumor Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.

Chemicals (2)

BETA-CAROTENE

BETULINIC-ACID

Antitumor (Breast)

Chemicals (2)

BETA-CAROTENE IC45=60 ug/ml

BETA-SITOSTEROL

Antitumor (Cervix)

Chemicals (1)

BETA-SITOSTEROL

Antitumor (CNS)

Chemicals (1)

BETA-CAROTENE IC43=45 ug/ml

Antitumor (Colon)

Chemicals (1)

BETA-CAROTENE IC43=45 ug/ml

Antitumor (Gastric)

Chemicals (1)

ASCORBIC-ACID

Antitumor (Lung)

Chemicals (3)

ASCORBIC-ACID

BETA-CAROTENE IC30=60 ug/ml

BETA-SITOSTEROL

Antitumor (Prostate)

Chemicals (1)

BETA-CAROTENE

Antitumor (Stomach)

Chemicals (1)

BETA-CAROTENE IC26=45 ug/ml

Antiulcer

Chemicals (2)

ASCORBIC-ACID

BETA-CAROTENE 12 mg 3x/day/man/orl

Antivertigo

Chemicals (1)

NIACIN

Antiviral

Chemicals (3)

ASCORBIC-ACID 1-5 g/day

BETA-SITOSTEROL

BETULINIC-ACID 14.8 uM

Antixerophthalmic

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (1)

BETA-CAROTENE

Anxiolytic

Chemicals (3)

CALCIUM 500-1,500 mg/day

PHOSPHORUS

POTASSIUM

Apoptotic

Chemicals (3)

ASCORBIC-ACID 1-10 mM

BETA-SITOSTEROL

BETULINIC-ACID

Artemicide Jung, J.H., Pummangura, S., Chaichantipyuth, C., Patarapanich, C., and McLaughlin, J.L. 1989. Bioactive Constituents of Melodorum fruticosum. *Phytochemistry*. 29(5): 1667-1670. 1990.

Chemicals (1)

BETA-SITOSTEROL LC50=110 ppm

Asthma-preventive Pizzorno, J.E. and Murray, M.T. 1985. *A Textbook of Natural Medicine*. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Chemicals (1)

ASCORBIC-ACID 1,000 mg/day/orl

Beta-Adrenergic Receptor Blocker

Chemicals (1)

ASCORBIC-ACID

Beta-Blocker

Chemicals (1)

POTASSIUM

Beta-Glucuronidase-Inhibitor

Chemicals (1)

ASCORBIC-ACID 1.5 g/day/man

Calcium-Antagonist

Chemicals (1)

ASCORBIC-ACID

Calcium-Channel-Blocker

Chemicals (1)

CALCIUM

Cancer-Preventive Stitt, P. A. *Why George Should Eat Broccoli*. Dougherty Co, Milwaukee, WI, 1990, 399 pp.

Chemicals (5)

ASCORBIC-ACID

BETA-CAROTENE 22 ppm

BETA-SITOSTEROL

NIACIN

RIBOFLAVIN

Candidicide

Recently became Internat. J. Crude Drug Res. 28(1,2,3,4):1990, page 155.

Chemicals (1)

BETA-SITOSTEROL

Cardioprotective

Chemicals (3)

ASCORBIC-ACID

NIACIN

POTASSIUM 3,000-5,000 mg

Cardiotoxic

Chemicals (1)

POTASSIUM 18,000 mg/man/day

Caspase-8-Inducer

Chemicals (1)

BETA-SITOSTEROL

Chemopreventive

Chemicals (1)

BETA-CAROTENE

Circulotonic

Chemicals (1)

NIACIN

Cold-preventive

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (1)

ASCORBIC-ACID 1-2 g/day

Collagenic

Chemicals (1)

ASCORBIC-ACID

Colorant

Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.

Chemicals (1)

BETA-CAROTENE

COX-1-Inhibitor

Chemicals (1)

BETA-CAROTENE IC₇₈=50 ug/ml

COX-2-Inhibitor

Chemicals (1)

BETA-CAROTENE IC₈₂=50 ug/ml

Cytotoxic

Chemicals (1)

BETULINIC-ACID 50-100 ppm

Detoxicant

Chemicals (1)

ASCORBIC-ACID

Diuretic

Chemicals (3)

ASCORBIC-ACID 700 mg/man/orl

CALCIUM

POTASSIUM

Estrogenic

Chemicals (1)

BETA-SITOSTEROL

Frreibuge Neuwinger, H. D. 1996. African Ethnobotany - Poisons and Drugs. Chapman & Hall, New York. 941 pp.

Chemicals (1)

BETA-SITOSTEROL

Fibrinolytic

Chemicals (1)

NIACIN

Fistula-Preventive Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Chemicals (1)

ASCORBIC-ACID

Fungicide

Chemicals (1)

AMPHIBINE

Gastroprotective

Chemicals (1)

BETA-CAROTENE

Gonadotrophic Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. *Journal of Ethnopharmacology*, 28: 221-234, 1990.**Chemicals (1)**

BETA-SITOSTEROL

Hepatoprotective

Chemicals (2)

BETA-SITOSTEROL

NIACIN

Hepatotoxic

Chemicals (1)

NIACIN

Hypocholesterolemic

Martindale's 28th

Chemicals (4)

ASCORBIC-ACID 300-1,000 mg/day

BETA-SITOSTEROL 2-6 g/man/day/orl

CALCIUM 500 mg/day

NIACIN 50-100 mg 3x/day

Hypoglycemic

Ivorra, M.D., Paya, M., and Villar, A. 1989. A Review of Natural Products and Plants as Potential Antidiabetic Drugs. *Journal of Ethnopharmacology*, 27: 243-275, 1989.**Chemicals (3)**

ASCORBIC-ACID

BETA-SITOSTEROL

NIACIN

Hypolipidemic

Chemicals (2)

BETA-SITOSTEROL 2-6 g/day
NIACIN

Hypotensive

Chemicals (3)

ASCORBIC-ACID 1,000 mg/man/day
CALCIUM 1 g/day
POTASSIUM

Immunomodulator

Chemicals (1)

ASCORBIC-ACID

Immunostimulant

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (3)

ASCORBIC-ACID
BETA-CAROTENE 180 mg/man/day/orl
PHOSPHORUS

Insectifuge

Martindale's 28th

Chemicals (1)

THIAMIN 75-150 mg/man/day

Interferon-Synergist

Chemicals (1)

BETA-CAROTENE

Interferonogenic

Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Chemicals (1)

ASCORBIC-ACID

Laxative

Chemicals (1)

CALCIUM 1,000-1,200 mg

Lithogenic

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (1)

ASCORBIC-ACID

Mucogenic

Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Chemicals (1)

BETA-CAROTENE

Mucolytic

Martindale's 28th

Chemicals (1)

ASCORBIC-ACID 1 g/woman/day

Neuroprotective

Chemicals (1)

THIAMIN

Osteogenic

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (1)

PHOSPHORUS

Pesticide

Chemicals (4)

AMPHIBINE

ASCORBIC-ACID

BETA-SITOSTEROL

THIAMIN

Phagocytotic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
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Chemicals (1)

BETA-CAROTENE

Phospholipase-A2-Inhibitor

Chemicals (1)

BETULINIC-ACID

Prooxidant

Chemicals (2)

BETA-CAROTENE 20 ug/g

IRON

Prostaglandin-Synthesis-Inhibitor	Huang, C., Tunon, H., Bohlin, L. 1995. Anti-Inflammatory Compounds Isolated from Menyanthes trifoliata L. Yao Hsueh Hsueh Pao, 30(8): 621-626.
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Chemicals (1)

BETULINIC-ACID 200 ug/ml

Sedative	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
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Chemicals (1)

NIACIN

Serotonergic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
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Chemicals (1)

NIACIN

Spermicide	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. Journal of Ethnopharmacology, 28: 221-234, 1990.
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Chemicals (1)

BETA-SITOSTEROL

Thymoprotective	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
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Chemicals (1)

BETA-CAROTENE

Tranquilizer

Chemicals (1)

CALCIUM 500-1,500 mg/day

Ubiquiot	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
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Chemicals (2)

BETA-CAROTENE

BETA-SITOSTEROL

Ulcerogenic

Chemicals (1)

BETA-SITOSTEROL 500 mg/kg ipr rat

Uricosuric

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Chemicals (1)

ASCORBIC-ACID 4 g/man/day

Urinary-Acidulant

Martindale's 29th

Chemicals (1)

ASCORBIC-ACID

Vasodilator

Martindale's 29th

Chemicals (4)

ASCORBIC-ACID

CALCIUM

NIACIN

POTASSIUM

Vulnerary

Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Chemicals (1)

ASCORBIC-ACID